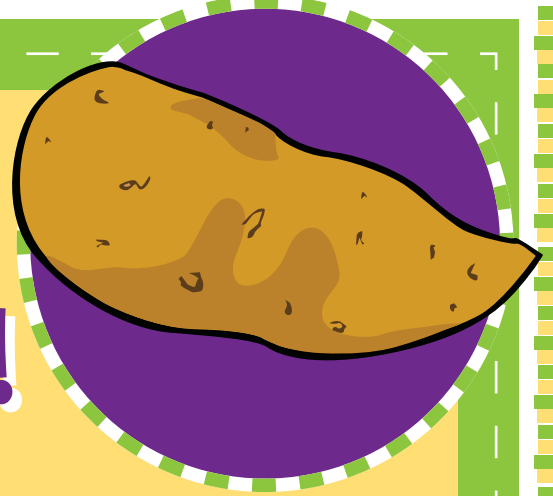


In Season:



Sweet Potato!



NUTRIENTS IN SWEET POTATOES/ YAMS:

Vitamins: A, B6, pantothenic acid;
manganese, potassium, and fiber.

SELECTION:

Choose firm, small-to-medium-sized
potatoes with smooth skin. Avoid cracks,
soft spots, and blemishes.

STORAGE:

Store in a cool, dark place for use within
3-5 weeks.

QUICK FIX TIPS:

- Make mashed potatoes with a mixture
of white and sweet potatoes.
- Make baked sweet potato "fries." Wash
sweet potato, cut into "fries," drizzle
with a little oil and a pinch of salt.
Spread in a single layer on a baking
sheet and bake at 400°F for about 30
minutes, stirring occasionally.
- Scrub sweet potato, then cut into
cubes. Add to stews and casseroles for
a whole new flavor.

Sweet Potatoes with Maple Syrup

Prep Time: 45 Minutes

Serves: 4

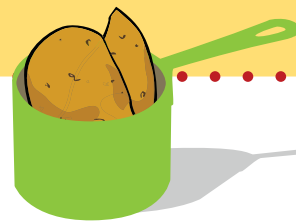
**Cups of Fruits &
Veggies per Serving:** 1

Ingredients:

- 5 medium sweet potatoes
- 2 tbsp maple syrup
- ½ tsp salt
- black pepper, to taste
- ½ tsp ground cinnamon (or
ground nutmeg)
- 1 tbsp salted butter

Preparation:

1. Preheat oven to 375° F.
2. Scrub sweet potatoes well, place
on baking sheet and bake for
35 to 45 minutes until very soft.
3. Remove potatoes from oven;
cool briefly to handling
temperature and peel.
4. Place in a deep bowl and mash.
5. Season with maple syrup, salt,
black pepper, and cinnamon,
mixing well.
6. If necessary, reheat briefly in
microwave.
7. Top with butter.



Nutritional Information per Serving:

Calories:228; Total Fat:3g;
Dietary Fiber:5g; Sodium:368mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

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